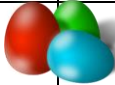

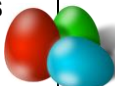








APRIL 2017

National City George H Waters
AT THE TOWERS
 1415 "D" Avenue- National City, CA 91950
 (619) 336-6752



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3) CHICKEN ENCHILADAS RICE & BEANS MEXICALI BLEND MARINATED VEGETABLE SALAD FRUITED GELATIN MILK	4) ROAST BEEF MASHED POTATOES STEAMED BROCCOLI LEAFY GREEN SALAD APPLE COBBLER MILK	5) HOME MADE MEATLOAF  CHEESEY POTATOES PEAS & CARROTS SHOESTRING BEET SALAD CHERRY TART MILK / JUICE	6) CHICKEN PARMESAN SAFFRON RICE WINTER BLEND ROMAINE SALAD FRESH GRAPES MILK	7) CATCH OF THE DAY SPANISH RICE ZUCCHINI & CORN POPPYSEED COLESLAW MANGO MIX MILK
10) FLAMED BROILED SALISBURY STEAK MACARONI & CHEESE BROCCOLI & CAULIFLOWER TOMATO WEDGE SALAD PEACH MELBA MILK	11) BAKED PORK CHOP W/ GRAVY SCALLOPED POTATOES CALIFORNIA BLEND CARROT SALAD BANANA MILK	12) BEEF STROGANOFF EGG NOODLES NEW ENGLAND VEGETABLES TOMATO BASIL SALAD APRICOTS MILK	13) OLD FASHIONED TURKEY DINNER  CANDIED YAMS GARDEN VEGETABLES CRANBERRY ORANGE SALAD PUMPKIN BREAD MILK	14) CATCH OF THE DAY OVEN ROASTED FRIES MIXED VEGETABLES DUTCH COLESLAW STRAWBERRIES & CREAM MILK
17) STEAK & RANCHERO RICE & BEANS CHUCK WAGON BLEND GREEN BEAN SALAD KIWI / STRAWBERRY CUP MILK	18) GRILLED BRISKET BAKED POTATO VEGETABLE TRIO GREEN SALAD LEMON TART MILK	19) CAJUN RUBBED PORK TENDERLOIN JAMBALAYA CARROT COINS POTATO SALAD ORANGE SMILES MILK	20) BACKYARD BBQ CHICKEN  SCALLOPED POTATOES STEAMED SPINACH TROPICAL FRUIT SALAD MILK	21) CATCH OF THE DAY ALMOND RICE BROCCOLI & CARROTS MARINATED CUCUMBER SALAD FRUITED LIME GELATIN MILK
24) MEMPHIS STYLE CHICKEN & RIBS FRENCH FRIES CORN ON THE COB GARDEN SALAD ORANGE SMILES MILK	25) CLASSIC ROAST BEEF W/ GRAVY  CHEESY MASHED POTATOES CAPRI BLEND SPRING PASTA SALAD TROPICAL FRUIT CUP MILK	26) BAKED PORK CHOP MACARONI & CHEESE CALIFORNIA BLEND PEA SALAD FRESH GRAPES MILK	27) ROAST TURKEY MASHED POTATOES WHOLE GREEN BEANS ORANGE CRANBERRY NUT SALAD PUMPKIN SQUARES MILK	28) CATCH OF THE DAY STEAMED RICE ASIAN STYLE VEGGIES PICO DE GALLO SALAD CANTALOUPE WEDGE MILK
		ENTERTAINMENT  JAZZ A MINUTE 4-7-17 JUAN ROBLES 4-13-17 RICKACHA 4-21-17 PIÑA 4-28-17	Suggested Contribution \$3.50 Senior Adults (60+) NON-Senior FEE \$6.00 paid at front desk Lunch Hours 11:00 A.M. – 12:30P.M	Menu Subject To Change Without Notice Alternative Meal Option Available Daily Inquire at Front Desk

THE GEORGE H. WATERS NUTRITION PROGRAMS ARE SUPPORTED BY OLDER AMERICAN'S ACT FUNDS AWARDED BY THE COUNTY OF SAN DIEGO HEALTH & HUMAN SERVICES AGENCY, AGING & INDEPENDENCE. ADDITIONAL FUNDING COMES FROM THE CITY OF NATIONAL CITY AND SENIOR CONTRIBUTIONS. PEOPLE ELIGIBLE FOR PARTICIPATION IN THE SENIOR NUTRITION PROGRAMS AS DEFINED BY THE OLDER AMERICAN'S ACT, ARE 60 YEARS OF AGE OR OLDER. ELIGIBILITY IS THE SAME FOR ALL WITHOUT REGARD TO RACE, COLOR, NATIONAL ORIGIN, SEX OR HANDICAP.